Introduction to Personal Training

Adult   **Leisure and Professional**

This short course offers an engaging overview of personal training fundamentals, perfect for fitness enthusiasts or aspiring trainers.

Participants will learn the basics of exercise science, program design, and client assessment.

The course also explores effective communication and motivational strategies to inspire clients and achieve fitness goals.

Hands-on practical sessions and foundational knowledge prepare you to confidently take the next step in your fitness careers or personal health journeys. No prior experience required—just a passion for fitness and helping others!

Scan the QR Code for full course description, assessment and progression options from this course

ENTRY REQUIREMENTS
Own suitable sports wear.

LOCATION & NEXT START DATE(S)
Cornwall College St Austell - 18 January 2025

LEVEL	**DURATION**
No Qualification	1.5 hrs a week for 6 weeks

ATTENDANCE	**FEES**
Part-time	Tuition Fees: £14.00

Find out more and apply online

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CORNWALL COLLEGE

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Explore Our Courses & Apprenticeships
Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.

Find out more and apply online